Drive less this October: Weekly events

Week 1: Cycling

- **Group Cycle Commute to Campus**

New to cycling to campus, or just fancy some company? Join a group of colleagues and cycle in together, led by one of our more experienced staff cyclists.

We'll have group rides starting from locations across Manchester, on different dates and times throughout October.

Take a look at the group commutes here and contact the ride leader directly to book your place and confirm arrangements. Everyone who takes part will receive a free breakfast voucher.

- **Dr Bike - Free Bike Repairs**

Is your bike out of action or in need of some TLC? Get it checked and minor repairs carried out by a professional bike mechanic from at our Dr Bike session.

Tuesday 13th October, 9-12pm |Brunswick Park (or in the case of bad weather - Biko Bikes Workshop, behind student union, left of cycle shelters past picnic tables) | Free for our colleagues
Just turn up on the day, first come first serve

Add a placeholder to your diary **HERE**

- **Starling Bank Bikes: How to Use Training**

Learn how to use the yellow Starling Bank hire bikes. Drop in anytime during the three-hour session and receive 200 free minutes to get you started.

Tuesday 27th October, 11.30am, - 2.30pm | Outside the Museum | Free for our colleagues

Add a placeholder to your diary **HERE**

- **Cycle Confidence Building Session**

Build your confidence and feel more comfortable cycling under the guidance of a cycling trainer. Bring your own bike or borrow one on the day. ***PRE-BOOKING REQUIRED***
Thursday 15th October, 10am–11.30pm | University Place Square | Free for our colleagues
Book your place → **HERE**

- **Cycling Quiet Roads Training**

Learn how to use quieter roads and feel more confident navigating your journey by bike. ***PRE-BOOKING REQUIRED***
Wednesday 21 October, 12pm – 1.30pm | University Place Square | Free for our colleagues
[Book your place →] **HERE**

- **1-to-1 Bike Maintenance with a Mechanic**

Got a bike problem you'd like to fix yourself, or simply want to know a bit more about looking after your bike? Book a 25-minute 1-to-1 session with a professional bike mechanic.

The slot is yours to ask questions, get some basic hands-on training, or talk through a problem you'd like to tackle yourself. You're welcome to bring a friend along too.

Tuesday 13th October | Brunswick Park (or in the case of bad weather - Biko Bikes Workshop, behind student union, left of cycle shelters past picnic tables) | Free for our colleagues | ***PRE-BOOKING REQUIRED***

Choose your 25-minute slot: **12.30–12.55pm / 1–1.25pm / 1.30–1.55pm**

Book your place → HERE

MORE EVENTS ACROSS MANCHESTER

Alternatively, Transport for Greater Manchester (TfGM) is offering a range of **free cycling sessions for our colleagues**. **View dates, venues and book HERE**

- **Learn to Ride – Complete Beginner** - 1-hour session | Small groups
- **Confidence Builder** - 2-hour session | Small groups
- **Learn to Ride on Roads** - 2-hour session | Small groups
- **Learn to Use Starling Hire Bikes** - 2-hour 1-to-1 session | Choose your preferred hire bike docking station | Includes free minutes

COLLEAGUE DISCOUNTS & OFFERS

Starling Bank Bikes – 200 Free Minutes

Fancy giving bike hire a go? Our colleagues can get 200 free minutes on Starling Bank Bikes this October – more than enough to get you started. All we ask is you tell us how you got on at the end of the month! To get your vouchers download our CommuteUoM app and go to the rewards page in the 'Statistics' section.

No Time To Waste – Extra Rewards

Join our Sustainability Platform, making it easy and rewarding to build greener habits. Log your driving-less commutes throughout October and beyond to earn Green Points - with the chance to unlock extra rewards and monthly prizes.

Get a Discounted D-lock
Don't have a decent lock for your bike? Register your cycle with campus security and you can qualify for a £15 D-lock, normally worth around £40. Apply HERE

Try an E-bike for Free
Curious about e-bikes? Cycling UK is offering our colleagues a free one-month e-bike loan throughout October: **Find available dates and book HERE**

Looking for a Second-Hand Bike?
Manchester Charity Bike Shop in Chorlton has a great range of refurbished bikes to get you started. Plus, colleagues can get 10% off bike servicing throughout October with your staff ID. More details HERE

Get Your Bike Assessed For Free

Is your bike in need of a little TLC? The team at Platt Fields Bike Hub can carry out minor repairs while you wait. For bigger issues, book a free bike assessment and get a quote for any repairs needed.

They're also offering colleagues free one-off Saturday sessions throughout October, including Dr Bike, Learn to Fix Your Bike and cycling courses More details HERE

£5 Off a Full Bike Service

Show your staff ID at Never Mind the Bike Shop and our colleagues can get £5 off a full bike service.

Located just a short walk from campus, they also sell new and second-hand pedal bikes and e-bikes, carry out repairs, and are Manchester's main Cube and Orro bike dealers. More details HERE

Cycle to Work Scheme – Now up to £5,000
Ready to buy a bike? Our Cycle to Work Scheme can help fund your new wheels, with the limit recently increased to £5,000 (subject to affordability).

The scheme can also be used for e-bikes, cargo bikes and adapted cycles, helping make cycling more accessible to more of our colleagues. More Details HERE

COLLEAGUE RESOURCES

Find Campus Cycling Facilities
Use our interactive campus map to find where your nearest cycle shelter is and discover how to use them. Got caught in the rain? The campus map also signposts our multiple shower and changing facility locations.

Free Legal Protection for Cyclists
Feel reassured while cycling. The University provides free legal protection in the event of an accident for staff members, their family, and friends. Find more details HERE and download a copy of your certificate for safekeeping.

Find your Cycling People
Looking for someone to cycle with? CommuteUoM can help you find colleagues travelling at similar times or on similar days, so you can buddy up and cycle together. You can also join our Active Commuter Community Teams channel. It's a great place to share tips, stay motivated, swap ideas and connect with other colleagues and active commuters. Join HERE

Breaktime Bike Ride

Why not swap the doom scrolling for a lunchtime bike ride? Whether you head out solo or with a friend or colleague, it's a great way to get some fresh air, enjoy our local parks and reset during the day. This self-guided 8km ride takes around 45 minutes Don't have a bike? Try the Starling hire bikes for free. More details HERE.